

INSIGHTS
MARCH, 2013

Dear Friend:

I've introduced a few new aspects on the monthly calendar on this site that I want to briefly explain. I've added a "Yellow Line" to represent "intensified human emotional energy", the result of mass consciousness that is strongly affecting our world, especially those of us who are sensitive. I've also added "Orange Days" (underlined on the calendar) to represent extremely intensified, chaotic energy that can often result in violence....and when the "Orange Days" are combined with a red or blue line, watch out, because the energy is even more magnified. I recommend that whenever possible, stay out of public gatherings during those days as these are the days that someone can go ballistic and start shooting people (for example). A more detailed explanation for each of these is underneath the calendar.

When you look at the calendar on this site, you'll see that the month of March is going to be a doozy - I mean, the entire month is absolutely crazy! The blocked energy that we're experiencing in this time makes it almost impossible to have a real conversation. We all will find ourselves in heated disputes and in the midst of them, realize that each of us is talking about a completely different subject. I truly recommend that if you find yourself getting irritated because another person doesn't understand you or doesn't seem to be listening to you that you just say, "Let's have this conversation at another time when we aren't feeling so stressed." If you DO come back to the conversation at a later time and begin to discuss it, you WILL realize very early on that each of you was talking about completely different things.

The most common feeling during this month is going to be frustration. It's going to be hard to motivate ourselves. We'll be internalized and want to sit and relax, play solitaire on our computers or watch old movies....but we WILL get bursts of energy, and when those come I recommend that you use them to organize a drawer or closet. Don't set large goals for yourself. Do not wake up in the morning and say, "Today I'm going to clean the garage." Instead, say "Today, I'm going to clean out one of those boxes in the garage." By doing that, you won't be so disappointed with yourself at the end of the day....because in truth, very few people are going to be able during the first three weeks of March to muster enough energy to take on large projects.

As I've said on the calendar, small understandings can lead to explosions that can end lifelong relationships. PLEASE - do not let them go that far!!! When you find yourself getting angry or tearful, just leave - walk away from the person - and say, "I'm sorry - I can't talk about this right now. I love you and I'll come back and talk with you about it as soon as I can do so with a clear head." Remember to say "I love you." It's SO important in these times to say "I love you", because when I said that the most common feeling we will be experiencing is frustration, that's true....but almost equally common will be a

feeling of aloneness. So many people are feeling alone in this time, and I mean alone even in the midst of others. They just feel as though they're on the outside looking in, not fitting in anywhere. That loneliness can build up into so much pain that we can find ourselves suddenly verbally attacking our friends, saying "Why aren't you being my friend? I'm lonely. You're not calling me, you're not visiting, you're not inviting me to lunch or go to lunch when I invite you....what's happening here?" Most people can't answer those questions. OR, they will invent an excuse such as "I'm too busy." And "I'm too busy" is never a true answer, because we are never SO busy that we don't have the time to pick up the phone and call someone we love to say, "I don't have time for a real conversation right now, but I just wanted to tell you how much I love you." Those few words can heal a lot of wounds.

The truth is that most of us, as I said in the beginning of this letter, are very internalized. We can't get ourselves moving. It's hard to even want to comb our hair and get out of our robes or our sweats and get dressed TO go out to lunch. And you know....it takes energy to have conversations....to "chat". This heavy internalized energy impacts most of us in such a way that we feel lethargic, more tired than usual, as though we just want to lie down and sleep most of the time....so we're getting up in the morning and going to work and coming home and going to bed....and doing that day after day after day, and when the phone rings or the doorbell rings, we don't want to answer the phone or the door; we pretend we're not home. I have to admit that during extreme internalization cycles, I have been known to hide so that people ringing my doorbell couldn't see me, because I haven't combed my hair or brushed my teeth, I'm in my torn old sweats and I don't want to be seen, let alone have to talk or listen. However, most of us have people who live with us, and we DO need to talk with them and we DO need to listen to them. If we allow ourselves to become so immobilized that we just shut down and don't even talk with them or listen to them, we can do great harm in very short periods of time to long-lasting loving relationships....or if we allow ourselves to become curt or lacking in consideration of the other person, we can also do great harm to relationships.

I've said it before but I'm going to say it again: it only takes two things to make any relationship last. Those two things are caring and consideration. I'm talking about the small things, because it is really the small things that matter the most. When we come to our later years, we don't remember much about those things that at the time we thought were large events in our lives. What we remember are words that touched us deeply....words that warmed our heart and words that cut through and injured our Soul. And we remember actions. We remember that when someone we love was watching television with us and they got up to get themselves a cup of tea, they said to us "I'm going to make a cup of tea for myself. Would you like one?" We remember that when that same person said they were going to be home at 8 o'clock, they were there at 8 o'clock, and if they couldn't be there at 8 o'clock, they called to renegotiate with us.

When common courtesy dissipates from a relationship (and it does generally dissipate very slowly so that we don't even know that it's happening until we realize one day that there is no courtesy in our relationship), it feels like betrayal. In fact, it IS betrayal. It's the breaking of a vow. It boils down to sheer dishonoring of the other person. So if there

is lack of courtesy, the relationship is doomed....AND if there is lack of caring, the relationship is doomed. I'm not saying that we need to be constantly "making love" or constantly saying, "I love you, I love you, I love you". I'm saying that we need to be LOVING with each other. We need to give evidence of caring. I feel wonderful and loved when my husband tells me to sit in the car, that he's coming around to open the door for me. Now I know that a lot of fem-lib women don't like a man to open the door for them...in fact, they feel like it's insulting, but I've always been a very feminine woman and I like my role as a woman. And I like my man to be a man. I love to nurture him - I love to cut his hair and trim his beard. I love to cook the foods that he likes most. It makes me happy to see HIM feel loved....and it makes HIM happy to see ME feel loved. So I have pretty good evidence that our relationship is going to last a pretty long time. I'm not saying it's perfect - we do not experience perfection in this dimension - but I AM saying that it's loving and it's filled with acts of caring and consideration.

I believe that the feminine liberation movement did great damage to our society AS well as it did great good for our society. I grew up in an era when women were taught to obey their husbands. We were taught that the man was boss and we were to be subservient. Prior to the feminine liberation movement, there were some pretty awful things that happened. I can remember when I was married to my first husband Robert and seven months pregnant, he came home drunk one night and beat me until I fell into unconsciousness. When I awakened, I was bloody and bruised on every part of my body. I grabbed my purse and at 3 o'clock in the morning, left my house and was walking the five miles into town to call my parents to come and get me. Unfortunately, a highway patrol officer drove up beside me and insisted that I get into his car. I told him of my plight and asked him if he could drive me into town so I could call my parents. Instead, he turned the car around and drove me directly back to my husband's house. He took me in, woke my husband from a deep drunken sleep, and talked with him about the fact that he had beaten me so badly and that he shouldn't be so hard on me. And then he came to me and told me that if I would be a better wife, my husband wouldn't have to beat me.....that I needed to stay there and learn how to be a good wife.

That's the way it was in those days. Those 1950's were NOT the good old days as they were depicted on television with "Leave it to Beaver" and "Father Knows Best". As I said, we women were taught to be totally subservient. A woman who complained was called a shrew or harpie. We were told to suffer in silence, and so most women became bitter and filled with grief and pent-up rage, and they took that grief and rage out on their children. And men were taught to work hard and to provide for their families. A man who did not work hard and provide for his family lived in shame and was disrespected in his community. However, he was also taught that he should keep his woman in line. There was a saying then: "Keep her barefoot and pregnant." Men would sit and brag about how they had beaten their woman the night before, keeping her in line....they were being good husbands.....and it was legal for them to do so - to beat, even to kill their wives or their children. The laws didn't punish them.

Then the 1960's came upon us rapidly, and suddenly women were saying, "Wait a minute! I can work just like a man and I want to be paid like a man." Women were

fighting to be able to get jobs in construction and driving heavy equipment, because they wanted to prove that they could do men's work, and they insisted on equal pay for equal work. The mistake that was made in that time was that women gave men the idea that they wanted to be "the man of the house" - they wanted to wear the pants and make the rules. Women very definitely said, "I'm mad as hell and I'm not going to take it anymore," and men no longer dared to beat them because the woman would come after them with a baseball bat or an ax!

But the thing that happened that wasn't good is that men exchanged roles with women so that a large percentage of the young men today are seeking a woman who will work and provide for HIM. It is no longer a shameful thing for a man to want to sit at home and watch television all day while his woman works, though in most cases, he doesn't have the same ideals that she had when SHE was being "the woman" because she thought that she should clean the house and have dinner on the table when he came home. Today's house-husband doesn't usually clean the house and have dinner on the table when she gets home, so she gets to work a full day, stop and buy take-out on her way home, clean the house, bathe the children, put them to bed, and then is expected to feel sexy and loving with him. Women are no longer going for it. There's a lot of anger going on right now.

I'm talking about this because this is the major issue that people come to me about. Women come to me telling me that they have very low self-esteem. We learned that from our grandmothers - that we were not supposed to be prideful nor vain, and we learned from our mothers and then from our husbands that we should not complain and that we should always keep ourselves beautiful, starve ourselves and work out regularly, etc. (And I'm not saying that this is ALL people in the world - I'm saying that it's true for a large percentage of the world.)

These are the issues that people come to me to talk about. Women come to me because they love their man, but "he doesn't want to offer anything to the relationship." I say to them, "Do you know that he's being that way because you taught him that it's OK to be that way? You taught him that we women wanted to be the man and we wanted the man to be sensitive, to participate in raising the children....we wanted the man to do what he's doing now, but we forgot to add, we want him to be a more present father, we want to have conversations with him about our feelings. We asked men to be more like women, and we said we wanted to be more like men."

It has backfired on us, and now many women are married to men whom they are supporting and from whom they do not feel that they have the right to ask anything. That man feels free to sit and watch television all day while she works and then expects her to bring him a six-pack of beer on the way home; or as soon as she walks in the door, he gets up and leaves for the bar to be with his buddies.

The 1960's liberation movement has indeed backfired on us women. We are having to work harder than ever, and so many women in this time are willing to bear children with a man - sometimes many children - without ever expecting him to put a ring on her finger

or to offer anything to her that shows any level of commitment. In many cases, she's also aware that he has other "baby mamas".

You're probably wondering why I'm talking about this subject in a metaphysical newsletter. Well, metaphysics is about life. Metaphysics is about how we live our lives. It's about living our lives with integrity. It's about living our lives with love and compassion, and as I've said, all it takes to make any relationship work is caring and consideration, and when either one of those qualities dissipates from the relationship, that relationship is doomed. It cannot last unless the partner who is being treated with lack of respect or lack of caring needs that person's presence SO much that they are willing to live without it and suffer the pain of feeling the knife jammed into their heart every time their mate says or does something that is insulting, uncaring or lacking in consideration.

The one thing that my students absolutely do learn from me is how to live the teachings of Spirituality, and the teachings of Spirituality require that we treat others with consideration and caring, and it also requires that we learn to respect and love ourselves to the extent that we insist that we must receive as much as we give. I have been known to say to my loved ones, "I treat you with compassion and caring because I love you, and I strive to always be aware of your needs and to offer to your needs. I strive to be courteous to you because I love you. I would never think of going to the store and buying myself a pastrami sandwich, which I know you love, and not get one for you. I couldn't possibly treat you in an inconsiderate manner because I love you - my heart wouldn't let me do it. So I have to tell you, when you treat me in an unloving or inconsiderate manner, I don't feel loved."

Love can die from abuse, and love can die from malnutrition or neglect. Most marriages end because love is being neglected or because one of the partners is being inconsiderate. If they could only change those habits, the marriage could last a lifetime. So many people are losing the people they love because they don't know how to treat them. Hearts are broken, and they come to me and say "What have I done wrong?" And I say, "Well....I see that you're wearing a new shirt. When you shopped for that shirt, did you buy her something nice - maybe a blouse or some earrings?" Or...."And when he had the flu last month, did you stay home and care for him, or did you go to the beach that week with your friend?" Love can die from neglect. Thoughtfulness....courtesy....maintain a relationship.

I am so sad that so many truly loving relationships are ending now. So many people are saying, "I feel restless. I don't feel loved. I feel numb inside." And when I ask them why they feel numb inside and I take them through processes to help them find the reason that lies beneath the numbness, it is always that they have been hurt so many times that they have built a barrier. They have been hurt by acts that lacked consideration or that gave them the message that they don't count, that they aren't loved, that they don't matter.

When they approach their partner and tell them that they're having these feelings, the partner almost always says, "OH, but I DO love you and I DO want you to be happy and I DO to be considerate. You just don't notice all the things that I do for you." And

when they say that, it's very important for us to realize that they are speaking their truth. It is also important for us to realize that when someone says or does something that is hurtful to us and we do not tell them that it hurts us, then we have given them permission to do or say that again. So it's very important to say "I know that you didn't mean to hurt me. You told me so, and I know that you're truthful, so I am believing that you didn't mean to hurt me....but I'm telling you now that it DOES hurt me, and so I'm putting you on notice that if you repeat those words or that action, then I have to know that you want to hurt me. And if you want to hurt me, I can't be in relationship with you."

It's really important to be that direct and that blunt, because if a person believes that they have permission to treat us with lack of respect or caring, they don't respect us. It's built into the human genetic structure that we are incapable of offering full measure of respect to a person who disrespects themselves.

Now as I said when I first began this letter, most of the situations that cause emotional pain and result in verbal blow-ups are the result of misunderstandings, and so when you see the colored lines on my calendar, oh my gosh - please do not let yourself get into a dispute - it can get crazy and you can lose loved ones. And I really want you to remember that during those times, we are overly sensitive - someone can say a full paragraph and we will hear only one word. The word we hear is a word we heard at another time when something or someone hurt us deeply, and so we create an entire scenario built around that word, and we keep repeating that scenario to ourselves until we are totally convinced that we are absolutely unloved and disrespected; and in most cases, the person didn't even SAY what we thought they said. Yes, they used that word, but they probably didn't use it in the same way that it had been used when it hurt us in the past.

That's why I'm saying it's so important to not have a conversation until we've had a chance to work our way through all the spinning that goes on in our minds and all the pain that comes up from the spinning. It's like a washing machine in its spin cycle, agitating and agitating until our thoughts are just totally jumbled up. But finally, that pain totally surfaces, and we remember the past event and realize that we're not hurt about what was said or done recently - *we're hurt about something that happened twenty years ago*. And when we discover that, it's so important to call someone whom we know and love and trust to honor confidentiality and tell them about it, because in the process of telling the story, we release the event from our cellular structure as well as the pain of it from our bodies.

Couples in this time are in very powerful reaction to the events that took place in the 1960's, the 1970's and the 1980's. Even those of you who were not born in that time were raised by parents who were in reaction to those events, and you were treated differently than any other time in known history. Most parents of that time were taught not to discipline their children in any way. They were taught not to expect their children to excel - grades weren't given because it was believed someone's feelings could be hurt or that competition would come into play. So even if you were born after those years, you are also a product of the 1960's and 1970's and 1980's, because your childhood is a

reflection of the beliefs of that time. Most parents in that time weren't allowed to swat their child, so they shouted and they demeaned and they diminished in order to gain some control. When shouting and demeaning and diminishing didn't work, the mothers often went into their bedrooms and cried, and the children felt so ashamed that they were "so bad" that their mother had to cry. OR, depending on the personality, they felt angry that their mother was crying and feeling sorry for herself after having just cut him/her to the bone with her sharp tongue.

It wasn't an easy time (and actually, there hasn't ever been an easy time in this world). The time we're in right now is especially difficult because we're in a time of universal transition. But there is one wonderful thing of this time, and that is that a large percentage of the people who exist in this time have evolved to a state of Being that causes their Soul to urge them to teach and live compassion, love and acceptance. The evolved souls who began to enter in the 1960's and are continuing to enter in droves at this time are bringing this world to a new era, a time of Peace....a time very soon when we will experience no prejudice, no judgment, no condemnation....when we will be able to see with our SOUL what another person means rather than trying to decipher their meaning from a mish mash of words that we can't even hear because one word triggered such pain in us that we shut down.

So you see - we have two things happening. We're having the opportunity for tremendous growth, as in this time we are required to become non-judgmental, accepting of all people, and to live in clarity and impeccable integrity. The further we go into these times, the more true that statement will be. (And the events that are happening are literally pushing us into a state of Being where that becomes absolutely necessary for survival, because we have become so polarized and drawing together in groups that now we are drawing into ourselves as individuals, and that is threatening all relationships.) The second thing is we are being given the opportunity to become strong and in our new-found clarity, to become aware at all times of the states of being of ourselves and all others in our presence.

Please do not let yourself lose people you love because of misunderstandings. Please hear what I have said in this letter and strive to understand it and practice the suggestions I've given you for better communication. For instance, when a person says something that hurts you, say to them, "When you said that, I felt _____. Is that what you wanted me to feel?" Or, "When you said that, I thought _____. Is that what you wanted me to think?"

By learning to use your words in this kind of manner, you are learning to not place blame, and then you can have conversations and not arguments. You can say simply, "I am feeling this....did you intend it?" "I thought you said that - is that what you meant?" You are not blaming them, you are asking them. You are empowering yourself by telling them how you feel when they act in certain ways or say certain things. AND you are no longer being a victim. You are taking responsibility for your own reactions.

It's so important to realize that no one can make you be or do anything. Whatever is in your life, YOU wanted....you created your experience. There is a time for everything: there is a time when we want something, then there is a time when we get it, then there is a time when we no longer need it or have use for it....and THAT is the time when we need to release it. Releasing is the hardest thing. We want to hold onto everything, because we might need it some other time.

What I'm saying here is this: we need to practice prayer and belief that we have the power to manifest that which we need or want through prayer and through our own efforts. We are learning that we need to practice these things: prayer, gratitude, an understanding that when it's time, we need to release graciously and without fear. For instance, you needed a car, and you prayed for that car, and then you got the car and you felt such gratitude that you gave thanks. And then there came the day when that car no longer was serving your needs....maybe it was too small for your growing family, but it still ran great and you were still attached to it....but you knew that you needed something different. (And please understand here that I do not differentiate between the words "want" and "need", because if we want something, there is always a need behind that want....but that's an entirely different topic for a later newsletter). So now you had to release your attachment to your old car so that a new one could come.

The best way to get a new car (or anything) is to get rid of the one we currently have. As long as we have something that is functioning, we think that we don't have the right to want it even though we need it, because it is "kind of" serving our needs. That too small car was still running well, and yes, you had to stuff yourself into it and it made for an uncomfortable ride for everyone, but by golly, it was still running!!

It's very important to write down and say out loud exactly what you want - clarify. "I want a large car with a lot of leg room in the back, a large trunk to carry all our things, I want a bike rack on the top, I want it to be red," etc. Whatever you want, define it specifically....because if you emotionally or physically need a new car (for example), Spirit will provide exactly what you have decided you need. If you tell yourself that you can get by with an old clunker, you're going to get an old clunker. If you tell yourself you need a new car, you will get a new car.

The important thing to remember here is that Spirit provides according to what we believe we deserve or are capable of acquiring financially, emotionally, etc.

Understanding these few rules about how to have better relationships and have our needs filled can literally help us put our lives on track and live with less stress and have much more overtly expressed compassion and love in our lives. It may sound difficult, but it's not. It just takes practice, and remember the 29 Day Rule - if you can do anything for 29 days, you can do it forever. Give it a try!!!

Don't forget to tell the people in your lives whom you Love that you do indeed Love them.....AND....

Stay focused on the Light.....

Dixie Yeterian